

ATHLETE ANTI-DOPING INFORMATION AND DECLARATION FORM

As military athletes, many of you will have the opportunity to participate internationally at CISM (International Military Sports Council) events, including Military World Championships and Military World Games. Military athletes, like all other athletes competing at the international level, are subject to drug testing, or doping controls during their international competitions. Military athletes competing at the U.S. Nationals in their respective sport are also subject to doping controls during these national-level championships. WCAP (World Class Athlete Program) participants are also subject to doping controls, and may be tested more frequently due to their full time athlete status.

In the summer of 2005, CISM updated its Anti-Doping Regulations in order to become compliance with the new international standard of WADA, the World Anti-Doping Agency. These updates ensure military athletes competing in international competitions are held to the same high standards as other international athletes, including Olympians.

This letter provides an overview of the anti-doping movement for all military athletes; summarizes the CISM Anti-Doping Regulations and details the recent changes. Step by step instructions on how to navigate this updated system are outlined, and excellent anti-doping resources referenced.

What is WADA?

The World Anti-Doping Agency (WADA) is the international organization that oversees the worldwide anti-doping movement. WADA unifies all international sport organizations, international sport federations and governments under the same anti-doping rules and regulations. The International Olympic Committee was instrumental in the development of WADA, handing over the responsibilities of anti-doping to them in 2004, just prior to the Athens Olympics. Since that time, other international organizations have followed suit and WADA is now the international standard. WADA, in addition to standardizing the rules and regulations of anti-doping, is committed to promoting friendship, solidarity and fair play. To learn more about WADA, please see their website; www.wada-ama.org.

What is doping?

Doping is the use of prohibited substances or prohibited methods that are designed to enhance sporting performance. Doping poses an enormous risk to health and compromises the integrity of sport. Doping can be intentional or unintentional.

What is USADA?

The U.S. Anti-Doping Agency (USADA), located in Colorado Springs, is the national anti-doping agency for the Olympic movement in the United States. Please check out their informative and easy to use website at www.usantidoping.org.

What parts of the new CISM Anti-Doping Regulations remain the same??

1. **Drug testing (doping controls)** will continue to take place at **CISM World Championships and World Games. Doping controls also take place at U.S. nationals.**
2. **All military athletes competing in these events are subject to drug testing;** either as medalists, or as randomly selected participants.
3. **The general list of prohibited (banned) and permitted substances remains largely unchanged.** Most standard medications remain permitted; including birth control pills, anti-inflammatory medications (such as Aspirin, Motrin, Tylenol, and Naprosyn) and muscle relaxants (such as Flexeril and Soma). Antihistamines (such as Allegra, Zyrtec, and Claritin), ulcer medication (such as Prevacid, and Zantac) and antibiotics (such as tetracycline and penicillin) are also permitted. Most anti-depressant medications (such as Paxil and Zoloft) and topical creams are also permitted. **For further examples of permitted substances go to www.usantidoping.org and click on “Wallet Card”. For a complete list of prohibited substances, look under “Athlete Express”.**
4. **Supplements are still categorized as “take at your own risk”.** Supplements are not regulated by the Food and Drug Administration (FDA) and do not necessarily contain what is listed on the back of the bottle. Supplements such as Ripped Fuel, diet pills, and fat-burners are commonly banned because they contain the prohibited substances Ephedra and Ma Huang. While creatine, glucosamine, and protein powders are not prohibited in their pure form, there is no guarantee that these supplements are indeed pure. **Often they are contaminated or augmented with banned substances, such as ephedra, ma huang, or even steroids; all of which can result in positive tests.**
5. Even if you do not intentionally take a prohibited substance, you are still subject to disciplinary action should you have a positive test. **You, the athlete, are responsible for everything that goes into your body.**
6. **Positive tests are a serious matter and will result in disciplinary action by CISM, Armed Forces Sports and the athlete’s respective Service.** This includes, at a minimum, automatic forfeiture of any and all medals won during competition (including both individual and team medals), and an automatic suspension from upcoming competitions. Second offenses may result in a lifetime ban from the sport.

How do I know if my medications are prohibited or not? Three ways to find out!

1. Go to the **USADA** website (www.usantidoping.org) and **look at the List of WADA Prohibited Substances** on the USADA website; found **under Athlete Express**. You can also find more information on supplements here, and learn more details about the anti-doping movement.
2. **Use the interactive Drug Reference Online on the USADA website.** This search engine will tell you if your medications are permitted or banned. It is anonymous; simply select your sport and list your medications. You will get an immediate response along with a confirmation number documenting the encounter. Write this number down and keep it for future reference.
3. **Call the USADA Drug Reference Line** during business hours at 1-800- 233-0393 (within the U.S.) or 1-719-785-2020 (within the U.S. or international). The USADA Drug Reference department is also available via e-mail from the website, for those who may not have phone access.

What are the changes to the Anti-Doping Policy?

1. **Now legal:** psuedoephedrine, the main ingredient in Sudafed, Tylenol Cold, Allegra-D and many other cold preparations. Ephedra, however, remains a banned substance.
2. **Now prohibited (banned):** Inhaled medication for asthma and reactive airway disease, such as albuterol and glucocorticosteroids. Nasal steroids such as Nasonex or Flonase to treat seasonal allergies as well as eye or ear drops containing steroids are also banned. **These substances may be used after obtaining a waiver, see TUE below.**
3. **Therapeutic Use Exemption (TUE):** Any athlete taking a prohibited substance for legitimate medical reasons can no longer simply declare the medication at time of testing. **All military athletes requiring such meds AND who are competing in upcoming CISM events, U.S. nationals, or part of WCAP must have a Therapeutic Use Exemption (TUE).**
 - a. A TUE is basically a waiver which **grants the athlete permission** from USADA **to use the prohibited substance** A TUE must be granted in advance of the competition
 - b. If you are competing in All –Service or U.S. Armed Forces Championship only, **you do not need a TUE.**
 - c. **Contact your Service Rep if you have any questions concerning your competition status.**

How do I get a TUE?

1. **TUE requests are submitted to USADA AT LEAST 30 DAYS PRIOR TO COMPETITION** and are good for a specified period of time, usually 1-3 years. There are two types of TUE, abbreviated and standard.
2. **An abbreviated TUE** is a short, two-page form notifying USADA that you are taking certain medications for legitimate medical purposes. It requires the name of the medication (generic form), the dose, reason for use, and a signature from a doctor. It is **VERY SIMPLE and EASY to submit**.
3. **Abbreviated TUEs are used for the following medications ONLY:**
 - a. Beta-2 Agonists such as albuterol, (used via puffer for lung conditions like asthma, reactive airway disease and bronchitis)
 - b. Glucocorticosteroids used for any of the following:
 - i. by nose for seasonal allergy symptoms
(ex: Flonase and Nasonex)
 - ii. inhaled, for asthma or reactive airway disease
 - iii. eye or eardrops containing steroids or hydrocortisone
 - iv. injection of joint or muscle with hydrocortisone
 - c. Hydrocortisone creams on the skin does not require a waiver
4. If you are on prohibited substances, **other than those mentioned above**, for legitimate medical reasons, (in our athlete population this may commonly include medications used for attention deficit disorder), and who are competing in CISM events, the WCAP program or U.S. Nationals, **you must apply for a standard TUE**. The standard TUE is a more involved process in which the athlete requests permission from USADA to use certain medications. Copies of your medical records and a statement from your doctor must be sent with your application. The letter must summarize your medical condition and justify why that particular prohibited substance is necessary for your treatment.
5. If you determine that **one of your regular medications prescribed by a doctor is prohibited, please call the 1-800 USADA Drug Reference Hotline for more information** and contact your physician for assistance in determining the best course of action. Sometimes, if a medication is taken only infrequently, it may be possible to simply stop taking it for a period of time prior to and during the competition (do this only with approval of your physician). Sometimes, there are other medications or treatment options available that use permitted instead of banned medications that may work equally as well. If the medication is necessary for the health and well being of the athlete, and is taken on a regular basis under the supervision of a physician for a legitimate medical reason, then there is no question, the medication should not be stopped and **a standard TUE should be submitted**.

More information on TUEs

1. The TUE needs to be submitted **AT LEAST 30 days prior to competition**; if this applies to you, please submit your paperwork quickly. The abbreviated TUE form can be downloaded from www.usantidoping.org . Instructions on where to send the paperwork is located here as well.
2. Keep a copy of your TUE application for your records. Once USADA processes your request, they will send you an approval letter good for 1-3 years. Keep this safe and bring a copy with you to CISM competitions. You will need to present it when and if you are selected for drug testing.
3. USADA generously supports U.S. Armed Forces Sports, providing anti-doping information and education to all military athletes. Additionally, they provide TUE assistance for those military athletes who require such documentation.
4. **Remember, only the following athletes are required to obtain a TUE:**
 - Those competing in an upcoming CISM event (CISM World Championships or Military Olympics)
 - Those competing at the U.S. Nationals in their respective sport
 - Those who are part of the WCAP program

****If you are competing in All-Service or Armed Forces Championships only, you need to adhere by these regulations, but do not need a TUE****

****Contact your service rep if you are unsure about your competition status****

Even if you aren't taking supplements or medications, we still recommend you review the USADA and WADA websites at www.usantidoping.org and www.wada-ama.org. These resources provide more details and updates on current anti-doping issues.

Your signature below acknowledges that you have read the above information and understand that you may be subject to routine drug testing (doping controls) during certain athletic competitions. Any medications/ supplements you may be taking you do so at your own risk, and that you understand the requirement for a Therapeutic Use Exemption (TUE) using a prohibited substance for legitimate medical purposes (only if you will be competing in CISM events, national championships, or as a WCAP athlete). TUEs are granted by the U.S. Anti-Doping Agency (USADA) and must be submitted to them at least 30 days prior to competition.

Printed Name: _____

Signature: _____ Date: _____

Service: _____ Sport: _____